

CRYSTAL GENESIS REJUVENATION TREATMENT

AFTERCARE INSTRUCTIONS

You have just completed your Crystal Genesis Rejuvenation treatment. Your cosmetic practitioner has advised you of appropriate aftercare instructions to follow. A written outline of those instructions is available for your convenience. You are advised to follow these instructions to ensure the best result from your treatment.

- There may be a sunburn-like redness that can last for 12-24 hours. You **MUST NOT** apply any cold compresses or ice to the areas treated after the treatment. This treatment uses a laser to generate heat in the deep tissues of the skin to correct scarring, reduce pores, reduce general redness and stimulate collagen. It is important to help maintain that heat and avoid artificially cooling the skin after the treatment, that includes air-conditioning and fanning the skin. However, if there are any signs of 'hot spots' on the skin ie areas where too much heat has developed in one area (in extreme cases this may result in a minor blister which is rare), then cold compresses (**DO NOT** use ice) should be placed over the area after the treatment.
- There may be swelling that can last 2-4 hours and will settle spontaneously.
- There may be bruising which is extremely rare and if it occurs, avoid medications such as aspirin or nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours. Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after a few hours. If you have suffered in the past with cold sores on the skin or lips, please advise your cosmetic practitioner prior to treatment as this viral infection may be re-activated by the treatment. You can take L-lysine daily (available from the chemist or health store) for 2-3 days prior to and after your treatment if necessary. Please contact the clinic for advice if cold sores occur on **Ph: 55933388**
- You **MUST** avoid sun exposure and solarium treatments for at least 3 weeks after the treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 30+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment. If your treatment was for pigmentation & freckles or broken capillaries, these may return if you continue to expose your skin to sunlight.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid, Benzoyl Peroxide (eg Proactive), Tretinoin or Retinoic Acid (eg Retin A) for 24 hours.
- It is important to maintain a good skincare routine with frequent hydration or moisturisation on a daily basis (approximately 4 x daily). Use a hydrating gel eg Soothing Gel and/or a moisturiser

eg ASAP moisturiser/sunscreen. Please consult your cosmetic practitioner for complimentary advice on skincare.

If any of these symptoms persist or become worse please contact the clinic on Ph (07)55 9333 88.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

Broken veins and general redness

- Facial Vein Laser Treatments
- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Ultra Calm Infusion
- Environ Colostrum Gel
- ASAP Soothing Gel
- Environ Vit C Boost and/ or Antioxidant gel
- ASAP Vit C Serum

Pigmentation, freckles & brown spots

- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Dermapen Skin Needling and/or Home Rolling Kit
- Ultra De-Light Infusion
- Formulated R8 Depigmenting Gels/Creams
- Environ Clarifying Lotion and Cboost and/ or AVST and/ or Cquence range and/ or Alpha cream/gel
- Skinstitut Even Blend Serum and Vitamin C

Fine wrinkles, crêpiness and open pores

- Botulinum Toxin A (BTXA) treatment
- Dermal Filler treatment
- PRP treatment
- Hydrating Skin Booster treatment
- Laser Genesis
- Dermapen Skin Needling and/or Home Rolling Kit
- 'Titan' skin tightening treatment
- Microdermabrasion +/- Chemical Peels
- Ultra Smooth Infusion
- Environ Radiant Infusion
- R8 Intense Lip Refining Infusion
- R8 Anti-Aging Eye Infusion
- Environ AVST and/ or CQquence Range and/ or Colostrum gel and/ or Focus Hydrating Serum and/ or Ionzyme masque Citrique and/ or Intensive retinoal 1 or 2
- ASAP Vit A & Vit B Serum

Please contact Rejuven8 Cosmetix for a complimentary consultation for further information about any of the above treatments or products.